

Across the Fence

Apple Recipes – October 2012

Lyn Jarvis' Recipes

Spinach-Apple Salad

4 cups (8 oz.) spinach, cut into bite-sized pieces	1 Tbsp. frozen orange juice concentrate, thawed
2 cups tart apples, unpared, thinly sliced	2 Tbsp. mayonnaise
4 slices bacon, cooked and crumbled	

Mix spinach, apple slices, and bacon in a large bowl. Mix mayonnaise with orange juice concentrate. Toss lightly with spinach-apple mixture. Serve immediately. Yield: 6 servings.

Criss-cross Apple Crowns

1½ cups chopped peeled tart apples	2 tsp. ground cinnamon, divided
⅓ cup chopped walnuts	Dash salt
⅓ cup raisins	1 pkg. (17.3 oz.) large refrigerated flaky biscuits
½ cup sugar, divided	2 tsp. butter, melted
2 Tbsp. all-purpose flour	

In a large microwave-safe bowl, combine the apples, walnuts, raisins, 3 Tbsp. sugar, flour, ¾ tsp. cinnamon and salt. Microwave 2 to 3 minutes or until almost tender. Flatten each biscuit into a 5-inch circle. Combine remaining sugar and cinnamon; sprinkle a rounded teaspoonful of sugar mixture over each. Top each with ¼ cup apple mixture. Bring up edges to enclose mixture; pinch edges to seal. Place seam side down in ungreased muffin cups. Brush tops with butter; sprinkle with remaining sugar mixture. With a sharp knife, cut an "X" in the top of each. Bake at 350°F for 18 to 22 minutes or until golden brown. Cool for 5 minutes before removing from pan to a wire rack. Drizzle with Vermont maple syrup.

Pork Chops with Apples

4 (1-inch thick) pork chops	Salt and pepper to taste
2 Golden Delicious apples, quartered	1 Tbsp. oil
¼ cup finely chopped onion	1 Tbsp. brown sugar
2 Tbsp. red wine vinegar	½ cup chicken broth
1 red tomato peeled and cut into ¼-inch cubes	

Trim chops. Salt and pepper both sides. Quarter and core apples. Heat oil in a large skillet and brown chops. Continue cooking chops for about 15 minutes. Arrange the apples around the chops; cover and cook 5 minutes. Remove all to warm platter and cover. Pour off fat from skillet; add onion and cook until wilted. Add brown sugar and vinegar; stir well. Add tomato and broth, stirring to dissolve brown particles. Cook for 2 minutes. Add any liquid that has accumulated around the chops. Cook until sauce is reduced to about ¾ cup. Pour over chops and apples.

Double Apple Crunch

3 cups sliced tart apples
4 Tbsp. brown sugar
1 can (8 oz.) crushed pineapple
1 refrigerated pie crust

Topping:
½ cup chopped nuts
⅓ cup butter, melted
2 tsp. sugar
½ tsp. cinnamon

In a bowl, combine apples, brown sugar and crushed pineapple. Line pie plate with crust. Add fruit mixture. Topping: combine nuts, butter, sugar and cinnamon, Sprinkle over fruit mixture. Bake at 350°F for about 30 minutes.

Heather Fischer's Recipes

Caramel Apple Cupcakes

1 pkg. spice cake mix or carrot cake mix
2 cups chopped peeled apples
20 caramels

3 Tbsp. milk
1 cup finely chopped pecans, toasted
12 popsicle sticks

Prepare the cake batter according to package directions; fold in apples. Fill 12 greased or paper-lined jumbo muffin cups three-fourths full. Bake at 350°F for 20 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pans to wire rack to cool completely. In a saucepan, heat the caramels and milk over low heat; stir until smooth. Spread over cupcakes. Sprinkle with pecans. Insert a wooden stick into the center of each cupcake. **Yield:** 12 cupcakes

Apple Cinnamon Bread

1½ cups all-purpose
flour
1 tsp. baking soda
½ tsp. salt
2 tsp. cinnamon
½ tsp. allspice

¼ tsp. ground cloves
2 large eggs
¼ cup canola oil
¼ cup applesauce
1 tsp. vanilla
1 cup granulated sugar

2 cups chopped apples,
skin removed
Topping:
2 Tbsp. brown sugar
1 Tbsp. sugar
1 tsp. cinnamon

Preheat the oven to 350°F. Spray an 8x4-inch loaf pan with cooking spray and set aside. In a medium bowl, whisk together flour, baking soda, salt, cinnamon, all spice, and cloves. Set aside. In the bowl of a stand mixer, add the eggs and beat on medium speed for about 30 seconds. Add in oil, applesauce, and vanilla and mix until smooth. Next, add the sugar and mix until well combined. Slowly add in the flour mixture and mix until flour is barely combined. Gently fold in the apple chunks. Pour batter into prepared loaf pan. In a small bowl, mix together brown sugar, sugar, and cinnamon. Sprinkle over the batter in the loaf pan. Bake for 50 to 55 minutes, or until loaf is golden and a toothpick comes out clean. Cool bread in pan for 10 minutes. Loosen sides and remove from pan. Cool completely on a wire rack before slicing.

Butternut Squash and Apple Soup

2 Tbsp. unsalted butter	4 apples, such as McIntosh
2 Tbsp. olive oil	2 tsp. salt
4 cups chopped yellow onions, about 3 onions	½ tsp. freshly ground black pepper
2 Tbsp. mild curry powder	2 cups water
5 lbs. butternut squash, about 2 large ones	2 cups apple cider or juice

Warm the butter, olive oil, onions, and curry powder in a large pot uncovered over low heat for 15 to 20 minutes, until the onions are tender. Stir occasionally, scraping the bottom of the pot. Peel the squash and cut into chunks. Peel, quarter, and core the apples. Cut into chunks. Add the squash, apples, salt, pepper, and 2 cups of water to the pot. Bring to a boil, cover, and cook over low heat for 30 to 40 minutes, until the squash and apples are very soft. Puree the soup coarsely in the bowl of a food processor fitted with a steel blade or in a blender. Pour the soup back into the pot. Add the apple cider or juice and enough water to make the soup the consistency you like; it should be slightly sweet and quite thick. Add salt and pepper to taste and serve hot.

Carolyn Peake's Recipes

Apple Raisin Quick Bread

1¼ cups vegetable oil	2 tsp. ground cinnamon	3 cups tart apples, peeled and diced
4 eggs	1½ tsp. baking soda	⅔ cup raisins
4 tsp. vanilla extract	1 tsp. ground cloves	½ cup chopped nuts
3 cups all-purpose flour	½ tsp. baking powder	
2½ cups sugar		

In mixing bowl beat oil, eggs and vanilla. Combine flour, sugar, cinnamon, baking soda, cloves, and baking powder; beat into egg mixture. Stir in apples, raisins and nuts. Pour into two greased 9x5x3-inch loaf pans. Bake at 325°F for 60 to 70 minutes or until a toothpick inserted near center comes out clean. Cool for 10 minutes before removing from pans to wire racks to finish cooling. **Yield:** 2 loaves.

Dutch Apple Salad

2 Tbsp. all-purpose flour	2 large Red Delicious apples, chopped
1 Tbsp. sugar	½ cup finely chopped celery
1 egg	1 cup seedless red grapes, quartered
1 cup milk	½ cup chopped walnuts, toasted
2 large Golden Delicious apples, chopped	

In a small saucepan, combine flour and sugar. Whisk the egg and milk and stir into flour mixture until smooth. Bring to a boil over medium heat, cooking and stirring for 1 to 2 minutes or until thickened and bubbly. Put in a small bowl, cover and refrigerate until chilled. Just before serving, combine the apples and celery in a large bowl. Drizzle with dressing, then gently toss to coat. Sprinkle with grapes and walnuts. **Yield:** 8 servings.

Apple-Stuffed Chicken Breasts

6 boneless skinless chicken breast halves	¾ cup soft bread crumbs
1 tsp. salt, divided	¼ tsp. dried basil
¼ tsp. pepper	¼ tsp. dried rosemary, crushed
½ cup finely chopped onion	¼ cup all-purpose flour
2 garlic cloves, minced	1 cup plus 1 Tbsp. unsweetened apple juice
3 Tbsp. butter, divided	
1 medium apple, peeled and grated	

Flatten each chicken breast to ¼-inch. Combine ½ tsp. salt and pepper and sprinkle over both sides of the chicken. Set aside. In a small non-stick skillet, sauté onion and garlic in 1 Tbsp. butter until tender. Add apples and sauté 1 minute longer. Stir in bread crumbs, basil, rosemary, and remaining salt. Heat through. Top each piece of chicken with 3 Tbsp. of apple mixture. Roll up and secure with a toothpick. Coat with flour. In a large, nonstick skillet, cook chicken in 1 Tbsp. butter until browned on all sides. Remove from pan and keep warm. Stir apple juice into pan, stirring to loosen any browned bits. Return chicken to pan and bring to a boil. Reduce heat, cover and simmer for 15 to 20 minutes or until chicken juices run clear. Remove chicken to a serving platter, discarding toothpicks. Add remaining butter to pan juices and whisk until blended. Serve with chicken. **Yield:** 6 servings.

Maple Sweet Potato-Apple Bake

5 medium sweet potatoes, peeled	½ tsp. salt
4 large apples, peeled	¼ tsp. ground nutmeg
7 Tbsp. Vermont maple syrup, divided	3 Tbsp. orange juice
6 Tbsp. butter, divided	Topping:
½ cup coarsely chopped pecans	1 cup packed brown sugar
2 Tbsp. cornstarch	1 tsp. ground cinnamon
1 Tbsp. grated orange peel	3 Tbsp. cold butter
1 tsp. ground cinnamon	1 cup chopped pecans

Cut potatoes and apples into ¼-inch slices. Put potatoes in a heavy pan and cover with water. Bring to a boil, then reduce heat. Cover and simmer for 3 to 4 minutes or until tender-crisp. Drain. Place in greased 13x9x2-inch baking dish and set aside. In a large skillet, sauté apples in 2 Tbsp. syrup and 2 Tbsp. butter for 4 to 5 minutes or until tender-crisp. Layer over sweet potatoes and sprinkle with pecans. In a small bowl, combine the cornstarch, orange peel, cinnamon, salt, and nutmeg. Melt 4 Tbsp. butter, whisk in orange juice and remaining 5 Tbsp. syrup. Stir into cornstarch mixture until well blended. Pour over potato and apple mixture. **Topping:** In a small bowl, combine brown sugar and cinnamon. Cut in butter until mixture resembles coarse crumbs and stir in pecans. Sprinkle over casserole. Cover and bake at 375°F for 45 minutes. Uncover and bake 15 to 20 minutes longer or until bubbly. **Yield:** 8 to 10 servings.

Viewer's Recipes

Mountain Dew® Apple Dumplings, Eddie Ackerman, Fairlee, Vt.

1 Granny Smith or other tart apple	1 tsp. vanilla
1 can (8 oz.) refrigerated crescent rolls	Cinnamon
1 stick butter	½ can (12 oz.) Mountain Dew® soda
¾ cup sugar	

Peel and core apple. Cut apple into 8 slices. Roll each apple slice in a crescent roll. Place in an 8x8x2-inch buttered pan. Melt butter, add sugar and barely stir. Add vanilla, stir again, and pour over the wrapped apples. Pour about ½ can soda around the edges of the pan. Sprinkle with cinnamon and bake at 350°F for 40 minutes, or until browned and bubbling. Serve with ice cream, and spoon some of the sweet sauces from the pan over the top. **Yield:** 8 servings.

Morning Glory Muffins, Mary Nisoff, Peru, NY.

1¼ cups granulated sugar	1 tsp. cinnamon
½ cup vegetable oil	1½ cups grated carrots
3 eggs	½ cup raisins
2 tsp. vanilla	½ cup flaked coconut
2 cups all-purpose flour	½ cup peeled diced raw apple
2 tsp. baking powder	½ cup chopped pecans
¼ tsp. salt	

Preheat oven to 350°F. Combine sugar and next three ingredients (sugar through vanilla) in a large bowl. Combine flour and next three ingredients (flour through cinnamon) in another bowl. Add to the liquid ingredients and stir until just moistened. Gently fold in remaining ingredients. Pour into well-greased muffin tins to about ⅔ full (about ¼ cup batter per muffin). Bake 20 to 25 minutes, until light golden on the edges and tops. **Yield:** 16 muffins.

Orchard Apple Bread, Faye Hilliker, Newport Center, Vt.

Preheat oven to 350°F. Beat together:

4 eggs	1/3 cup sour cream
1 cup cooking oil	2 tsp. vanilla
2 cups sugar	

Add and stir just until moist:

4 cups flour	1 tsp. cinnamon
1 tsp. salt	1/2 tsp. nutmeg
2 tsp. baking soda	

Stir in, but do NOT over stir:

2 cups diced apples	1 cup chopped walnuts
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Pour into 2 greased loaf pans and bake about 1 hour. Better if on the slightly undercooked side.

New England Maple-Walnut Coffee Cake, Lauren Jarvis, Los Angeles, CA.

Topping:

¼ cup sugar
¼ cup flour
2 tsp. cinnamon
½ stick cold unsalted butter, cubed

In medium bowl, combine sugar, flour and cinnamon. With pastry cutter, cut in butter until mixture becomes crumbly. Set aside.

Coffee Cake:

1 cup sugar
½ cup butter, softened
2 eggs
¼ cup buttermilk
1 tsp. vanilla
½ cup Vermont maple syrup
2 cups flour
½ tsp. salt
1 tsp. baking soda
¾ cup walnuts, chopped
2 cups apples, peeled and diced less than ½-inch (preferably use Granny Smith)

Preheat oven to 350°F. Grease and flour a 9x5x3-inch loaf pan. Line bottom with greased and floured parchment paper. In large bowl, combine sugar and butter. Cream together, with electric mixer approximately 5 minutes until light and fluffy. Add eggs one at a time, beat each time until well-mixed. Beat in buttermilk, vanilla and maple syrup. In another bowl, mix flour, salt and baking soda until just combined. With mixer running, beat in dry ingredients until just fully combined. Fold in diced apples and walnuts by hand. Pour into prepared pan. Sprinkle topping over the batter mix. Bake for approximately 60 minutes, or until toothpick comes out clean. Remove from oven and cool in pan 15 minutes. Remove from pan and cool completely on wire rack, crumb side up. Slice when cool. **Yield:** 8 to 10 servings.

Apple Bundt Cake, Dan Frank, Stowe, Vt.

1½ cup oil
2 eggs
2 cups sugar
2 tsp. vanilla
3 cups apples, chopped
1 cup pecans, chopped
3 cups flour
1 tsp. baking soda
1 tsp. salt

Preheat oven to 350°F. Grease and flour Bundt pan. In a large bowl mix oil, eggs, sugar, and vanilla. Beat until well mixed. Add apples and nuts; mix well. Add flour, baking soda and salt and mix well. Bake for 45 to 60 minutes or until toothpick inserted near center comes out clean.

Best Ever Apple Crisp, Alice Munson, Weybridge, Vt.

6 to 8 apples, peeled and quartered
½ cup butter
1 cup sugar
1 tsp. cinnamon
¾ cup flour

Place apples in greased 2-quart glass baking dish. Blend together the remaining ingredients as for making pie dough, and work until crumbly. Pack firmly over the apples. If apples are very dry, a little water or apple juice can be poured in the bottom of the dish. Bake at 375°F for 50 to 60 minutes. Serve warm with vanilla ice cream or whipped cream. **Yield:** 6 servings.

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